



2023 BEST & FAIREST

TRINITY AQUINAS AMATEUR FOOTBALL CLUB



Club Champion



2013

T. Willday

2014

P. Roberts

2015

Q. Lynch, P. O'Keefe,
D. Murray

2016

T. Crossland

2017

R. Murphy

2018

B. Fetherstonhaugh

2019

J. Birrell

2020

M. Rodan

2021

K. Eaton

2022

B. Borrett

Ricky Noonan Shield



2013

R. Marsh

2014

M. Arangio

2015

R. Melvin

2016

J. Gherardi

2017

S. Pover

2018

M. Fry

2019

L. Dodge

2020

B. Gianatti

2021

B. Dillon

2022

J. Colegate

Best Clubman



2013

B. Taylor

2014

L. Howard

2015

M. Bastow

2016

C. Dillon

2017

J. Sinagra

2018

D. O'Sullivan

2019

M. Lee

2020

G. Arangio

2021

R. Van Beek

2022

B. Russell

PRESIDENT'S REPORT

GERARD ARANGIO



The Club at Large

As is the case every year at every club, each new season means the club is an entirely new place. People come and people go, expectation changes and everything is reset. In the 2022 post season, all of the above happened.

The off-season departure of Daniel O’Sullivan brought about the very proud appointment of Adam Pickering to the senior coaching role. Redmond Dobson stepped into the A Res role, and Royce Melvin to the A Colts – a new look for our whole A stream.

Ryan Van Beek stepped into the Vice Presidents chair, we had new goalposts installed, a replenished Bill Grayden surface, our final stage of the plan to replace all our aging guernseys was completed, our top sides ascended to the top of their respective grades.

Our sponsorship portfolio grew again, and some 345 players laced up in the two blues and green or the black and red at least once. 221 senior men, 83 colts, and 41 women represented the club.

By far and away 2023 was the most enjoyable season I’ve had not only as President, but in my whole footballing life. We just seemed to have the right people in the right places, and everyone was pulling in the same direction.

PRESIDENT'S REPORT – CONTINUED

Despite not claiming the ultimate prize, 2023 will go down in the history books as a tremendous success with TA's never being in better shape.

Committee

Ryan Van Beek has, as expected, been a huge help in 2023. Assuming the role of Vice President with a view to assume the President's role next season, he has not missed a beat, attended every PFL meeting, been involved in every discussion and has a great future ahead of him as the President of this great club.

Jason Ogg and Simon Franich as respective football directors have done a huge amount of work from day dot this season. From appointing coaches, umpires, helping with any queries from the league or from members, they can always be counted on and their club experience has been invaluable to myself and all of our members this season.

Brad Russell as bar manager is just the definition of Mr. Dependable. He's there every night and doesn't miss a beat, always happy and willing to go above and beyond to get things done.

Matt Power the Secretary delivers the best minutes in the business, is supremely organized and doesn't miss a beat. Genuinely cares about the club and it's future and is another one I can depend on so thankyou Matt for your tireless efforts the past few years.

Tom Newman in his first year as treasurer for the club has done a stellar job. Despite coming up to me on numerous occasions this year, after a few Great Northern Supercrisps, and stating "I know I'm a shit treasurer"



nothing could be further from the truth. The only thing I stress to Tom is that all TA's work is always done during business hours on company time. Get that started and the sky is the limit. Thanks again for the season Tom!

Sponsors

In 2023, the sponsorship portfolio of the club was better than ever. Achieving a record sponsorship income eclipsing last year's total by \$10k, this is something that not only am I proud of, but something we should be proud of as a club that people care enough about us to reach into their pockets to help see us thrive.

Summary

2023 will bring a close to my tenure as President of this great club, and the last 5 years have been incredible in so many ways. Whilst it's no secret that 2023 didn't end the way I wanted it to, I think it's important to remember where we've come from.

Assuming the role after the 2018 season from the legendary Andrew Edwards after 7 seasons at the helm, I look back now realizing I had no idea what I was getting into. Each of the 5 years I've been here have been better than the last.

Importantly to me, the club has delivered a net profit in each of my 5 years at the helm, which is something that was important to me to deliver. As much as results on field are important, if the club is not operating in a financially sustainable way then we are not running it correctly.

All I wanted to do in my time was to leave the club in better shape than I found it, something I can say in my heart of hearts I feel I've done.



PRESIDENT'S REPORT – CONTINUED

Individual Thanks

Adam Pickering – coming into the club this year you have brought this club back to where it belongs. I know we didn't get the fairytale finish, but this was one incredible season. In 12 short months not only that, but seeing you become as much of a TA's man as we are, seeing you realise all the same things that the rest of us love about the place has been validation to me that what we do here is special. You've become a great mate of mine and you and Mike have fit in so well with everyone here it's been really a perfect fit. I speak for all the players when I say you've done wonders for them. Thanks again.

Redmond Dobson – a great mate of mine it's no secret, but the way you've helped build the place over the last 4 seasons as a coach from D colts to A Res and no doubt beyond in years to come, you should be really proud of the way you are viewed around here. It's just been a dream and in particular seeing the relationship you've fostered with Pickers, the on-field results speak for how great that has been. Never short of a quip or an opinion, everyone looks up to you and it's been great to be a part of that journey.

Brad Russell – I've said it previously, but you are the one I can depend on, and can't thank you enough for the effort you put into the place. Reigning best clubman for a reason. Thanks again Bradders.

Michael & Grace Arangio – not one for nepotism but the commitment you've had to the place the last few seasons with the women's team, even with your brother pushing you around has been great. It's great to have siblings that care about the place as much as me and can be depended on to get things done and done well. Mike, your efforts on the events front over the past 5 years have been unwavering, everyone at the club owes you a great debt of gratitude. Grace, you've spent your whole life around footy and the last 2 years at TA's you've been incredibly valuable to the place and thanks again for everything you do.

Rob Faraone – VP for the first 4 years, the definition of clubman, you've been instrumental to the way the club has been run in my time and share many of the same visions for the place as I do. Your dedication to the place and desire to see it go from strength to strength have been awesome to have on board the last 5 years.

Andrew Edwards – the support you have given me as President the whole way through, knowing what it takes to be President of a club like this and giving me all the support that I needed whilst being careful to let me run the place my way has not gone unnoticed. Although you remain the only A Grade President, following in your footsteps was an honour and I hope my time at the helm can one day be viewed in the same light as people view yours.

Ryan Van Beek - the keys are yours mate. I'll be here to help wherever needed, but I look forward to seeing you leave your own legacy at the helm of this great club. It's in great hands.

The last 5 years I have grown so much as a person and being the TA's President has become part of my whole identity. I can safely say I have never put as much effort into anything in my life than I have as the President of Trinity Aquinas. Nothing has made me prouder than to lead this club over the last 5 years, and thanks than to lead this club over the last 5 years, and thanks to everyone who has been part of it.

I'll see you all next season.

A handwritten signature in black ink, appearing to be 'GA', written in a cursive style.

Gerard Arangio, TAAFC President

FOOTBALL DIRECTORS REPORT – SIMON FRANICH

Season 2023 has been a huge year for the club. After a strong period of stability under the guidance of Daniel O’Sullivan, for the first time in 5 years, the club was out looking for a new A grade coach in the off-season.

Gerard and I were not happy with the position we finished Season 2022 as we felt the club had put together a strong playing list to succeed. Following feedback sessions with Daniel, where it was recognized that the playing group would benefit from a new voice or a fresh message.

For context, in years gone by, the club would have focused on a coach that could bring players with them, or a person deeply connected to the club. However, largely through Gerard, we decided to throw caution to the wind, and proceed with approaching all and sundry. Our initial shortlist had no less than 30-40 candidates. We received some applications, but we also canvassed a number of well-known names throughout the market. Some of the conversations developed, and some came to an end quite rapidly, as we knew that they were not the right person for our club or player group.

Very early in the piece, we met with Adam Pickering, who as you now know, was formally appointed as our club coach for Season 2023. Adam was our preferred choice from day 1. I still remember the initial conversations whereby we made it clear to Adam, that this was a 2 way street. We felt that Adam could do a lot with our playing group, and we felt that the club (and ammos life) could do a lot for Adam. Getting Adam to commit and lead our coaching group for 2023 was wonderful. We then locked in Redmond Dobson to the 2’s role, a promotion from the colts ranks.

We welcomed Royce Melvin to the club as our A Colts coach. Royce was previously connected to the club having played colts himself, and his older brother being a premiersip player. It is always good to see old faces reconnect with the club.

Rounding out the new additions, we saw life member Nick Steele appointed as the 3s coach, taking the reins on a highly successful program led by Jason Ogg.

We welcomed back the incumbents in Ben Grigson for the 4s, Lachlan Dodge for Brett Jones Colts, Michael Arangio for the Women's and Matt Power for the 5ths Nation.

Having 4 out of 8 new coaches is a serious amount of change. However we embraced it, and the results followed. I will touch on each grade now.

Club Support & Thanks

The club cannot function without several key people:

Emily Masters and the Physio team - For the 3rd consecutive year, she has stepped up and led the physio department of the club. I would like to thank Em for the time she spent organising the trainers, following up injured players, providing rehab programs and prepping for upcoming games. She is a huge asset to the club and I look forward to her going again next year.

Club Umpires - The game doesn't umpire itself, and the umpires are vitally important to us. Steve Neates umpired our 2's Colts, Tim Stobart our Women's, Les Saxon our 3's and Steve Sirko our 4s. All were wonderful and the club is so lucky to have them all.

Lower Grade Director Jason Ogg - He is such a wonderful club man and nothing is too much. He has been a great sounding board for me personally and I thank him for all his work this year.

Focus For 2024

Season 2023 delivered us 2 flags. It also delivered us 2 more Grand Finals in the A grade and reserves. Overall, 5 sides made finals. It is and was a successful year. We now have an opportunity. We can build a dynasty and legacy. 2012 will go down as folklore. 5 out of 6 teams in a GF. 4 flags achieved. The reality though is that the foundations for that year were set in 2011. 2023 could be that foundation year for us. We have a young group, complemented by some senior heads at all grades. We have a chance to strike. I would encourage all men and women, to look towards Season 2024 with excitement. I want to see us all return. I want to see us continue to bring our players back to the club. Lets build more success.





PHYSIO REPORT- EMILY MASTERS

As the head physiotherapist for our club, reflecting on the 2023 PFL season has been both challenging and rewarding. Over the past months, my dedicated team and I have been on the front lines, ensuring the health and well-being of our players. It's been a season filled with highs and lows, victories and setbacks. Looking after not one, but eight teams, has been an incredible journey.

As the season concludes, I'm proud to say that our efforts have paid off. We've witnessed remarkable comebacks from injuries, seen players push their limits, and celebrated with the teams in moments of triumph. While September 16th wasn't our day in A Grade, the greater success of the club and the community that was built is a testament to the dedication of our players, coaching staff, management committee, supporters and our medical team. Special mention must also go to the generations that came before us – who helped set the stage for where we are today. This PFL season has been a rollercoaster of emotions, and I'm grateful for the opportunity to serve our club and its incredible athletes. TAAFC is something really special and I look forward to us achieving even greater success in the 2024 season.

2023 TAAFC MEDICAL TEAM

Emily Masters (Head Physio/A Grade), Harriet Mann (A Grade)
Annabel Bright (A Grade), Grace Mun (Women's), Jaslyn Lee (C4 League – 3's), Herlene Yu (C4 Reserves – 4's), Benjamin Chia (D Colts), Mandy Lai (5ths Nation)

What was your favourite moment of the season?

EM – The spray Pickers gave Z. Hayward from the bench in the QF v Curtin Wesley.

HM – Putting Nudge's finger back in during the grand final after Em and Ayresy couldn't – ego was obscenely boosted.

AB – Every time I had to relocate a finger, despite the boys wanting Em to do it.

GM – The final siren at the girls Grand Final.

JL – Watching the 3s celebrate post wins, the song with water bottles spraying everywhere is one for the books.

HY – Watching the 4s boomers celebrate after their wins!
BC – Every Lachlan Dodge pre-game speech – very inspiring!
ML – The entire 5ths Nation Grand Final Day.

What was the hardest part of your season?

EM – The dying minutes of the A Grade grand final.
HM – Learning how to do a heel lock – still not sure I do them right.
AB – being away from the club during finals while I was on prac in Gero.
GM – The sheer number of girls with pre-game requirements.
JL – Mid game massages (spicing it up with lots of sweat, mud, and grass).
HY – The last game of the 4s season – the additional 10mins was just a torture to watch. And calf rubs to what feels like the amazon forest.
BC – Massaging all the sweaty men during training and pre-game.
ML - Driving 1 hour to Yanchep. And never having a physio bed at away games because they never bring one.

What was the worst injury you had to manage?

EM – The ones I didn't know about.
HM – The hit J. Busher's ego took after not being selected in the 1s after weeks of not training fully.
AB – Profusely bleeding injuries were the hardest to manage.
GM – No particular injury, but the most "injurious day" was the GF.
JL – No particular injury but the day there were 14 injuries in total.
HY – Thornie's almost broken nose (Sorry Thornie!).
BC – Nobby's concussion against North Beach.
ML – T. Whyte's left ACJ or S. Moore's triple right shin cork.

Who was your most annoying player?

EM – M. Godsell, who knew she was a qualified physio and drama queen?
HM – The entire A Grade Senior Squad.
AB – No one in particular, boys have their moments with communication or ignoring advice.
GM – M. Arangio for calling the girls out to warm up before the tapping was finished, thankful for Kelli helping share the load!
JL – Well... that's a secret.
HY – Everyone's lovely.
BC – A. Morisey or N. Cicanese.
ML – S. English and his shin guard, he eventually learnt to wear it (properly).

Coaches Report - Adam Pickering

A Grade League

Summary of Season 2023

2023 proved to be a wonderful year for the league team. We finished on top of the ladder, 2 games clear of second place, finishing the regular season with 10 wins in a row. Unfortunately for us, we were unable to take home a premiership, whilst having a lot of luck during the season in regard to injuries and illness etc, we came across a set of unfortunate circumstances on Grand Final day. Even with that lack of luck on the day, we only fell short by 5 points and losing the lead with 2 minutes to go.

All in all, 2023 was a successful year, as we improved form 2022, both collectively and individually.

Best memory of 2023

Too many great memories! Tuesday night match committee banter, Thursday night teams, Little Mike training with the women's team etc! But probably the lead up to the grand final during that week, everyone being in a great mood, training in good conditions, having both league and reserves still alive going into a grand final was a great memory for the year, and probably summed up the season as a collective group.

Biggest challenge of 2023

We found the biggest challenge this year probably picking teams each week. Either the period during the year with lack of availability, players in Europe, sick or work etc. To then going into a period with almost a full list to pick from at the pointy end of the year. A lot of credit of this has to go to our medical team led by Emily Masters.

Key moments that changed the season

Losing to Kingsway with a kick after the siren in Round 8 on a Friday night at Billy Grayden. At the time it was 1st v 2nd, a huge crowd on a Friday night. We felt like we controlled long periods of that game, and even dominating the first 12 minutes of the last quarter, but, giving up 3 goals in the last 10 minutes and losing in the manner we did, really sharpened us up for the rest of the year. The reserves played the next day and there was a lot of soul searching amongst the league players on the Saturday, and I could get a feeling then that the group were sharpened up and focusing on a bigger goal than previously thought.

Individual Thanks

No individual efforts, but more a collective of all the efforts of the support staff.

From the coaches, medical staff, team mangers, scoreboard operators, timekeepers, to the president, vice president, treasurer etc. It really is a whole club effort at TA's and something everyone should be very proud of.



Coaches Report- Redmond Dobson

A Grade Reserves

Summary of Season 2023

Overall, an extremely positive and enjoyable season in which many colts graduated to senior footy and cemented themselves in either the reserves or league groups. While we didn't achieve the ultimate success, the foundation has been laid for our younger group to push for league spots next season.

Best memory of 2023

Grand Final week was really enjoyable, and the players and coaching staff had a lot of fun. While it wasn't the result we wanted on the day, that doesn't change the feeling generated during the week. It was the culmination of a lot of hard work from everyone at the club throughout the year. Seeing young players settle in so quickly and begin to make the club their own was also a real highlight.

Biggest challenge of 2023

Availability posed a huge challenge during the early and middle parts of the season, beginning the year with injuries and then an exodus to Europe during the wetter months. A large number of players stepped up from the 3s, helping us to maintain our winning ways and demonstrating the depth that the club is lucky to have. Steeley's advice about the strengths of players coming up from the 3s made it very easy to cover the absences we experienced.



Key moments that changed the season

People seeing the environment at the club and wanting to be a part of it made a big difference. Ben McAullay and Cam Dean rejoining the club about halfway through the year were a couple of notable examples. Both made a significant impact and hopefully they are at the club for years to come.

Individual Thanks

Brad Russell's leadership and selflessness both as captain, bar manager and friend to many, continue to inspire. Sets the standard with his work rate for others on and off the field and is admired by all at the club.



Coaches Report - Royce Melvin Phill Scott Colts

Summary of Season 2023

Season 2023 started off with good numbers arriving early to pre season at the trinity playing fields, with many players showing signs they could match it at senior level.

Numbers grew rapidly as pre season games got closer, numbers never lacked during the season with 83 players taking the field for the two colts sides. With a new look A colts side for round one lead by Zach Dancewicz, Luke Kelly and Zach Brennan.

Starting the year on a winning note on the back of Ben Taylors 3 goals beating CBC by 6 points. We got a taste of future premiers Wesley Curtin in round 2, eventually going down by 10 goals.

A tweak of game style and rotation numbers saw us again in the winners list in round three. Heading to North Beach in round four with the goal to be really competitive against a regular top 3 side, the boys put on one of the most impressive performances of the season, leading from the first score on the game only to be run down in the last minute, going down by 4 points.

This stated a very challenging period of the season for us, the first of 4 losses in a row and leaving us with a record of 2 wins 5 losses.

Getting some key personal into the side including, Angus Hardy, James Watson, Coby Perry and Wyatt Smith was a big boost for us, although the wins didn't flow in the back half of the season, we were able to be very competitive against all sides in the competition, closing margins from 8-10 goals to 2 score games. Something that may seem trivial to those on the outside, but it showed the competitiveness and desire to improve from all players involved.

Though a challenging season we never had a night off training, with plenty of public holiday Mondays, the bye week, sneakers only sessions (?) and finals being out of play earlier than we all wanted we always had great numbers on the track. I like to think all this hard work paid off at the very end when we able to get a win over Wanneroo by 17 points. Our first win over a side above us on the ladder for the season.

With a huge number of players available for another season of colt's football in 2024 I am excited to see the improvement individually and as a team. With the goal to push for a finals spot and ultimately a double chance.

Individual Thanks

Noodle and the committee for giving me an opportunity to coach at a high level at a great club.

Lachlan Dodge and Vinson Richards: two people that know the club inside out, the help with trainings, selection and game days were invaluable.

To the leaders I mentioned before especially captain Zach Danciewicz the leadership showed especially at training and pre game was the biggest help I could of asked for. You are a great leader and I hope you take that into senior football.

Coaches Report- Nicholas Steele

C4 League

Summary of Season 2023

Going into season 2023 we knew it was going to be challenging transition season with the youthful shift in the team's demographic when compared to only a few years earlier.

Despite this there was still an air of excitement thanks to a combination of returning players and the glimpses those coming up from the colts had shown in the pre-season, and the initial expectations were to move past the first week of finals where the three's season had ended in 4 of the past 5 years. How quickly that changed. From the first scratch match, availability was the biggest issue, and played a large part in the 1-8 start to the season. Instead of fighting for finals, we found ourselves in the unfamiliar territory of fighting to avoid relegation.

Being two games behind 8th place and with much of the Northern Hemisphere exodus yet to depart, we knew it would take a lot of hard work and some luck to be playing in C4 next season. Fortunately, we had both, defeating 3 of the 4 other three's sides and University being stripped of 4 points in round 17 ensuring we survived the relegation battle and would be able to reset and fight it out again in C4 in 2024.



Best memory of 2023

In a season with many challenges, it was the development of the playing group that provided the best memories, taking strides in numerous areas. To go along with that, some unexpected individuals began to show some leadership qualities in the second half of the season which I hope they continue to develop as their careers progress.

Biggest challenge of 2023

There were two major challenges in the 3's this season. The initial challenge was the large number of fresh faces compared to last season, with numerous returning players commenting during the preseason they didn't know over half of the playing group. This theme continued into the season, with on average only 8 players from last year's team playing each week.

As was for the rest of the entire club this year, availability was quite easily the biggest challenge. From the first scratch match all the way through to round 17, there were regularly over 30 players unavailable each week, topping out with 44 unavailable in round 13.

Key moments that changed the season

Defeating CBC in Round 10 and University in Round 16. Both were pivotal in the relegation battle.

Individual Thanks

Lachlan Dodge and Jason Ogg for filling in on very late notice to coach in round nine.

Jake Howes for answering the last-minute SOS before round one to be the gameday manager and assistant coach. The work you did not only on gameday but also during the week made my first year of coaching significantly easier.

And finally, Barry Woodhouse. Football clubs are driven by volunteers, and you went far and beyond what anyone could ask for. Whether it was creating the umpiring pool for boundary / goal umpires for the lower grades, goal umpiring yourself, time keeping, or being the security guard holding the keys to the coaches room when we had to secure it, it didn't matter what the task was you were always willing to help out any way you could, and your efforts throughout the season have been greatly appreciated.

Coaches Report- Ben Grigson, C4 Reserves

Summary of Season 2023

The 2023 season proved to be an exhilarating roller coaster ride for the 4's, a journey that the team can rightfully take pride in. Guided by an elite leadership trio composed of Guy Robertson as Captain, Thomas Hunt, and Daniel Maher as Vice-Captains, the squad was young but with their primary objective set firmly on advancing further into the finals compared to previous years.

Throughout the initial ten rounds, the team's performance yielded a mixed bag of results, with 4 wins and 6 losses. Hovering around the middle of the ladder, our season remained alive and full of promise. However, during rounds 10 to 14, unexpected losses to lower-ranked teams cast doubt over whether we'd make it, leaving us trailing by 2 games below 5th place. The path ahead became clear: win the next four games to secure the best possible shot at the finals. In true 4's fashion, we delivered when it mattered most, sealing our fate with a thrilling last-round victory.

Returning to Henderson Park for our first Elimination final against Forrestdale, a familiar hurdle that had eluded us for the past six years, the team put up a remarkable effort. They surged past a disheartened Forrestdale side, paving our way to a second final against CBC. The team had some wind in the sail which was supported by an enthusiastic royal blue crowd. Determined, we battled CBC throughout the match, culminating in a nail-biting draw as the final siren sounded. Unfortunately, in overtime, CBC ultimately edged past us, winning by a mere one-point.

Best memory of 2023

The best memory of the 2023 season was the moment the final siren rang against a truly 'aggravated' Forrestdale team in the elimination final at Henderson Park. Forrestdale have newly become our biggest rivals, and to come out on top in a final like that was a big effort by the boys, and the sheer joy on their faces said it all.

Biggest challenge of 2023

Consistency of players throughout the 2023 season was definitely the biggest challenge for our group.

Key moments that changed the season

The Round 16 win against UWA was a season defining win for the 4's. Needing to win the last 4 games of the season and UWA being 4 positions above us on the ladder, this was a massive moment in the season for the team.

Individual Thanks

I would like to express my heartfelt gratitude to several individuals for their contributions during the 2023 season. Firstly, a special shout-out to Gerard Arangio. Your unwavering support and constant reminder to do my job was one I cannot thank you enough for. Secondly, I extend an enormous thank you to Jason Ogg for his coaching assistance throughout the year. Thirdly, I want to acknowledge the exceptional leadership of Guy Robertson, our Captain. Your commitment and passion for this team mirrors my own, and your leadership has been nothing short of extraordinary.

Lastly, but certainly not least, I want to express my appreciation to all the players who were part of the 4's this season. It was an incredible year, and I'm really looking forward to what promises to be an exciting 2024 season.



Coaches Report - Lachlan Dodge

Brett Jones Colts

Summary of Season 2023

Going into 2023 there was mass changes in personnel in the colts department, not only did we have a significant amount of 2022 graduates who were off to bigger and better things in the seniors, but the loss of Redmond Dobson to the A Reserves coaching ranks also left a big hole that would take some filling. With only 16 out of 40 D Colters returning this season, early doors there was lots of uncertainty about the depth and numbers of the colts squad. To the credit of some pivotal leaders including Cainy, Danc and other senior colts boys, the numbers seemed to slowly keep rolling in through preseason and come round 1, Royce and I had a sizeable squad to select from.

With lots of fresh faces and relatively inexperienced side, the D Colts were drawn a tough card with the eventual top 3 on the ladder being our initial trio of games, really putting us on the back foot early. Some big losses to start the season were no match however for the spirit of the mighty D Colts, despite results the boys continued to rally, seeing record numbers at training during

the week and building a culture that the rest of the club was in awe of. Unfortunately for the boys, this strong off-field identity was never able to translate into points on the ladder, with the team losing several close games throughout the middle part of the year that could've gone either way. The concluding few months brought some promise, we had braved the Euro Summer and Melbourne Footy Trip seasons which saw mass exodus from the colts ranks for several weeks. With only a few fixtures to go, the boys certainly rallied together, finishing the year with some much-improved performances and finally granting them some reward for all their fantastic effort and commitment throughout the majority of the season. On paper the 2023 D Colts struggled to achieve any on field success and given the numbers available, some may argue they slightly underperformed, but the culture, pride and spirit of this group, led by captain Andrew Morisey, made it incredibly enjoyable to be a part of and I think this is a team that can really add to club over years to come.

Best memory of 2023

Best memory for the year would probably need to be grouped into the success of the D Colts off-field. The boys created such a strong culture and connection with each other, as a team that made me really proud to be their coach. Whether it was Troy Miller and Ashton Cooper being the last to leave Billy every Saturday night after presentations or Andrew Morisey creating a nightclub in the changerooms pre-game every week, it was just a really special team to be involved with and never failed to put smiles on faces. I think the moment that this cultural success really made itself clear was when we had 36 D Colts boys at training on a Thursday night. Seeing the reactions around the rest of the club just in disbelief at how many scrawny colters were running around in the Thursday Night Special at Billy was absolutely priceless and really sunk in how much these boys loved being a part of the mighty D Colts.

Biggest challenge of 2023

Our biggest challenge for the year was one where you always get told, “it’s a good problem to have”, but having to manage nearly 90 registered colts in two teams each week was very difficult at times.



It’s true that it’s nicer to have too many to pick from than not enough, but in a side where boys just really wanted to play for each other and have a good time with their mates, juggling the selection dilemma of playing boys that always do the right thing or calling up players that could win you games meant for plenty of headaches in the coaches room throughout the year. In saying this, all players were incredibly respectful and understanding of myself and Ben Kelly’s team selections throughout the year which definitely made the process a lot easier for us as coaches.

Key moments that changed the season

Given the tough draw to begin with and then a few results that didn’t go our way to follow, the first win of the year against North Fremantle was a significant turning point in the season. Not only was it the first time we were able to register some points on the board and sing the club song, but as a coach, it was really pleasing to see the team get some reward for their efforts and enjoy a winning performance. I didn’t think we deserved to be winless by that point in the year so for the boys to finally experience some on field success was really important for the team’s confidence and belief going forward.

Individual Thanks

Ollie Brehaut was an absolute machine on the field every week, would try his guts out in the midfield all day long, hardly ever coming off for a spell and was consistently in the Player's Player votes given by his teammates, which I think says a lot about how much of a valued member of the group he was.

Andrew Morisey's leadership not only created a D Colts culture that everyone wanted to be a part of, but his ability to rally the troops in tough times certainly made it a lot easier for myself and the coaches to connect with the players and get things running smoothly at training and on gameday.

Troy Miller's efforts as the runner for the majority of the year was invaluable, being an integral member of the team from 2022, Troy wasn't letting injury get in the way of his involvement with the D Colts, his constant helping hand and spiritual leadership was very much appreciated throughout the season.

The rat pack; Ashton Cooper (Grizzle), Will Rehn, Mitch Tsapazi and Chris Thomas were never far away from Billy Grayden whether it was drinking beers on the hill supporting the lower grades, manning the bar, running water or boundary on late notice or just being at presentations every Saturday night. These boys were a constant D Colts presence around the club, and I think we will be seeing a lot more of them in years to come.

If there was an award for most improved, it would be a very close split between either Reily Menhenett or Luca Ducler des Rauches. In 2022 it was hard to even get a squeak out of these two boys, but this year they returned as almost completely different young men, not only did their voice and leadership elevate tremendously amongst the group, but throughout the year they proved to be two of our most important players on the field every week.





Coaches Report- Michael Arangio

C2 Women

Summary of Season 2023

Despite losing the grand final in our 2022 inaugural season, it's fair to say football for our women's team was easy. We only lost a couple of games in our first season, and it was pretty common for us to win games by a large number of goals. Coming into season 2023 we all knew this would be different. With a promotion to C2 and several of our key players from the previous year no longer with us it was going to be a different ballgame.

From 16 home and away games we won 12 and managed to seal up 2nd spot on the ladder. A comprehensive win over University at home in our first final, followed by a gutsy win down at Secret Harbour to book ourselves a spot in the Grand Final for the second year running. The Grand Final was ours to lose. We had beaten everyone in the lead up and were clear favourites heading into the day. Somehow, we found ourselves 2 goals down at half time and it was Secret Harbour's wasteful shots on goal that kept us in the contest. After 2 years of keeping things relatively PG I thought it was time I gave the girls my first proper spray at the main break. After all, I wasn't going to let them throw away another opportunity to bring home the club a maiden women's premiership. The girls kicked into gear and piled on 3 goals to hit the front by 8 points at 3 quarter time. We managed to hang on in the last quarter through some rough weather and win the game by a solitary point.

I'm incredibly proud of what our team achieved this year, not just on the field but beyond that. We truly have a special group of girls and all of them have contributed to making the club a great place.

Best memory of 2023

Our qualifying final win over University where we beat them 69 - 0 in front of a packed Bill Grayden under lights. Everything went right for us that night, and it was the first time the girls perfectly executed everything we have worked on for 2 years.

Biggest challenge of 2023

Honestly... none. Coming into the season I had my concerns on how we would go moving up a grade and losing some very influential players. But our new recruits transitioned in amazingly, and the vibe from early on in pre-season was special.

Key moments that changed the season

Our first humbling loss to Kalamunda at home. It was the first time we were fairly beaten by a better side. I believe this was the wake up call we needed to be competitive against the good sides and it highlighted some key areas for improvement in our game.

Individual Thanks

Leaders Sarah Gatti, Kelli Cockman and Nadia Pisano did an incredible job all year to keep the girls motivated and set a very high standard at both training and on game days. More importantly, they created an environment where every person was involved and valued as part of our team.

My coaching support crew, Dylan Hindle, Wyatt Gordon, Callum Gordon and Ben Grigson. We've had a lot of fun working with these girls over the past 2 seasons. Sharing the journey with my good friends has made it more special, and the girls have all benefited from their support, energy and input.

Steven Yovich, I truly appreciate the time and care this man has put into our club's women's team and the club as a whole. A lot of his work is done behind the scenes and often goes unnoticed. Yovo's experience and knowledge within the world of amateur football has helped me become a better coach and his generosity of time (and Suntory's) is greatly appreciated.



Coaches Report- Matthew Power

5ths Nation (E2 League)

5ths Mantra

The TA's 5ths Nation outfit turned 2 in 2023.

In the past, a lot of the older guys have played at TAs and are then lost to the club as life gets in the way with young families and/or soft tissue injuries slow the body down. The 'Dad Bod' starts taking shape and the level of commitment required has not allowed a lot of the experienced campaigners to pull on the boots whilst also changing nappies.

The 5ths Mantra was to play as much or as little as you want and to train with your mates one night a week. Training consisted of a long warm-up to stretch the hamstrings, lane work, one main drill and then finish off with a few sausage rolls from outside 50 (moved to 35m once we lost 3 x hamstrings on one night).

The Idea was to have fun with our mates, talk some smack, have a few changeroom beers together, get the kids and partners involved, bring a few TA legends back into the fold and try and get a touch on the park (which some struggled with, specifically Chris Jones and Joe Brierty).

Why do we play

Proud to say we were lucky enough to tick off all three of the below "Why do We Play Footy Questions" this year. All three of these are very special in their own right. Play To have fun – fun we had. To play with our mates – we played with old and new mates. To win a Flag – flag secured.

5ths Footy Fun Facts

Number of 2023 5ths Nation players: 86

Average number of games played: 6.8

Average of soft injuries per game: 2.8

Average number of 'fit players left on the bench each week: 0.8

Average bald lids per game: 4.2

Average rolls of tape Mandy went through each game: 1.7

Average tubes of deep heat per game: 2.3



Individual Thanks

Massive shout out and a genuine thank you to Joel Janissen. Couldn't have done it without you Janos. Thanks for making the season a whole lot of fun. You're one of the most loved guys at not only 5th level, but throughout the whole footy club – and for good reason. You did it all. Coach, Assistant Coach, Goal Umpire, Boundary Umpire, Social Media Manager, Sponsorship Director, Lulu Lemon Ambassador, Head of Culture, Team Bursar, Bus Driver, Team Manager – all with a smile on your face and with a good sense of humour throughout. Genuinely so appreciative of all your support this year. Would have been lost without you. What a year we have had. We often battled, had no idea most of the time, but most importantly, we had a whole lot of fun and laughs along the way.

Barry Woodhouse – Club Legend and Stalwart. Rain, hail or Shine you were there assisting. You're a great bus driver and an even better clubman. Thank you kindly Baz. In the words of the Great David Mundy, you're a great man.

Josh – Baz recruited young Josh from his local coffee club in round 3 and from then, he didn't miss a game. Warmed up with the team each week, jumped in the circle for the club song and loved being in and around the team. The feeling was very much mutual Josh – thank you.

Mandy – What an absolute trooper. The only member of the 5ths Nation outfit not to miss any games in season 2023! 5ths Physio would have to be one of the hardest jobs at the club noting the amount of strapping, deep heat and maintenance required to keep the old boys on the park. You're very much a permanent and much-loved fixture of the 5ths team Mandy. Thank you kindly.



***Trinity
Aquinas***

AMATEUR FOOTBALL CLUB